



Northern Lowlands

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Why Go?

Venture onto the wild rivers and into the tropical jungle of the northern lowlands and you will discover real-life Costa Rica, where agricultural commerce and ecological conservation converge as a work in green progress. Stretching from the borderlands of Nicaragua, across the Cordillera Central, banana, sugarcane and pineapple *fincas* roll across humid plains. Community tourism lives and breathes here creating added revenue for a historically farm-based economy. You can fish for tarpon, spot a macaw in the wild, paddle into roaring rapids, and cruise inky lagoons all with lifelong resident guides, then nest in lodges that double as private rainforest preserves. You can even learn how to milk a cow at a family dairy during a homestay. When the tourist hoards gets you down, make your way here for a refreshing blast of rural realism, and an invigorating dose of wild beauty.

Best Places to Eat

- » Rancho Magallanes (p459)
- » Restaurante La Casona (p461)
- » La Terazza (p472)
- » Soda Marinero (p472)

Best Places to Stay

- » Chilamate Rainforest Eco Retreat (p459)
- » Sarapiquí's Rainforest Lodge (p458)
- » Rara Avis (p464)
- » Albergue El Socorro (p464)
- » Hotel de Campo Caño Negro (p470)

When to Go

In the northern lowlands the dry season runs from April to November, but the lush jungles surrounding the rivers in the region, such as the Río Frío and the Río Sarapiquí, receive rainfall at almost any time of year. December is the peak rafting season on the Sarapiquí and the wetter it is, the better your run.



Northern Lowlands Highlights

- ① Explore the lagoons of **Refugio Nacional de Vida Silvestre Caño Negro** (p468) to take a gander at spoonbills or a stab at tarpon
- ② Raft through the jungle on the **Río Sarapiquí** (p456)
- ③ Experience the spectacular beauty and down-home grace of **Albergue El Socorro** (p464), our favorite homestay in Costa Rica